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FROM NEW KRIEGER



# ILLINOIS HORSERADISH A Natural Condiment

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## ILLINOIS HORSERADISH

Horseradish is a natural condiment that adds a distinctive, pungent flavor to foods. It is commonly used as a relish with meats and shellfish or as a tangy seasoning in sauces served with these foods. It also gives zest to appetizers, canapes, relishes, dips, spreads, salads, salad dressings, sauces, and gravies. Some cooks use it generously to give a "hot" taste to food; others find that a small amount of horseradish is sufficient to impart a subtle, delightful flavor that turns an ordinary dish into an extra special one.

Chances are that the horseradish you use to add zip or tang to food was grown in Illinois. More than two-thirds of our nation's supply of this pungent vegetable root comes from Madison and St. Clair counties in southwestern Illinois. Most of it is grown in the area around East St. Louis called the American Bottoms, the most concentrated area of horseradish production in the world. The superior quality of Illinois horseradish is due to fertile soils, a suitable climate, and producers skilled in special cultural methods.

### What makes horseradish hot?

The sharp and piquant flavor and the penetrating smell of horseradish become apparent when the root

On the cover is a woodcut of horseradish from Leonhard Fuchs' *New Kreüterbuch* (1543). Early writers of herbals claimed that horseradish had beneficial properties such as stimulating appetite, reducing sciatica, relieving colic, ridding children of worms, and acting as an aphrodisiac.

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is grated or ground. This is because the root contains highly volatile oils which are released by enzyme activity when the root cells are crushed. If exposed to air or stored improperly, horseradish loses its pungency rapidly after grinding.

### **Keep it cold to keep it hot**

To keep prepared horseradish (commercial or home-made) at its flavorful best, store it in a tightly covered jar in the refrigerator or in the freezer. It will keep its good quality for about four to six weeks in the refrigerator and for six months or longer in the freezer. Buy or prepare only the amount of horseradish that can be used in a reasonable time.

Fresh roots may be stored for several months if they are washed, placed in polyethylene bags, and stored at 32° F. to 38° F.

### **Selecting horseradish products**

If you like horseradish as hot as it can be, use fresh horseradish roots. A good quality root is clean, firm, and free from cuts and deep blemishes. The freshly peeled or sliced root and the prepared product are creamy white. Generally, the whiter the root, the fresher it is. When available, fresh roots will be found in the produce section.

High quality commercial or home-processed horseradish has a creamy-white color, a pungent, penetrating aroma, and a hot, biting taste. As processed horseradish ages, it darkens and loses its pungency; in time, off-flavors may develop.

Plain or cream style prepared horseradish is usually found in the refrigerated dairy or meat cases of food stores. Horseradish products stored under refrigeration are more likely to be of higher quality than ones placed on regular shelves.





**Fresh horseradish roots ready for grinding or shaving.**

Many sauces, dips, spreads, relishes, and dressings contain horseradish. These products are located in appropriate sections of the store. Some stores also carry dehydrated horseradish, which need not be refrigerated. Look for it in the spice or gourmet section.

### **Grinding fresh horseradish**

Grind fresh horseradish in a well-ventilated room. The fumes from grinding are potent — a whiff may be stronger than you expect! Using a blender for grinding makes home preparation practical and less tearful.

To grate your own horseradish, wash and peel the root as you would a potato and dice it into small cubes. Place the cubes in the blender jar. Process no more than half a container load at a time. Add a small amount of cold water and crushed ice. Start with enough cold water to completely cover the blades of the blender. Add several crushed ice cubes. Put the cover on the blender before turning the blender on. If necessary, add more water or crushed ice to complete

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the grinding. When the mixture reaches the desired consistency, add white vinegar. Use 2 to 3 tablespoons of white vinegar and  $\frac{1}{2}$  teaspoon of salt for each cup of grated horseradish. If desired, lemon juice may be substituted for the vinegar to give a slightly different flavor.

The time at which you add the vinegar is important. Vinegar stops the enzymatic action in the ground product and stabilizes the degree of hotness. If you prefer horseradish that is not too hot, add the vinegar immediately. If you like it as hot as can be, wait three minutes before adding the vinegar.

Place the mixture in small glass jars and screw the lids on firmly. Store in the refrigerator or freezer.

Fresh horseradish roots may also be finely shaved or grated and added directly to a food. This simple method is frequently used by discriminating cooks. Fine shavings may also be placed in a dish of lemon juice to be served at the table.

## WHAT'S IN A NAME?

Horseradish has nothing to do with horses and it is not a radish (it's a member of the mustard family). The name may have come from an English adaptation of its German name. In early times the plant grew wild in European coastal areas; the Germans called it "meerrettich," or "sea radish." The German word "meer" sounds like "mare" in English. Perhaps "mareradish" eventually became "horseradish." The word "horseradish" first appeared in print in 1597 in John Gerarde's English herbal on medicinal plants.

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## HORSERADISH RECIPES

**Horseradish mayonnaise or salad dressing:** Add prepared horseradish to mayonnaise or salad dressing. The amount to add depends upon personal preference. Use as a spread with meat or fish sandwiches.

**Horseradish butter:** Blend together  $\frac{1}{4}$  cup prepared horseradish and  $\frac{1}{2}$  cup butter or margarine. Use as a spread for canapes. Decorate canapes with sliced stuffed olives, sieved egg yolks, minced chives, or fresh green onion rings.

**Horseradish French dressing:**  $\frac{2}{3}$  cup oil, 3 to 4 tablespoons lemon juice or vinegar, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{4}$  cup prepared horseradish. Place all ingredients in a jar with a tight lid. Shake vigorously before using.

**Zippy sour cream dip:** 2 cups dairy sour cream,  $\frac{1}{4}$  cup prepared horseradish, 2 teaspoons Worcestershire sauce, 1 teaspoon celery seed,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{4}$  cup finely chopped stuffed olives. Blend together all ingredients. Chill. Serve with salty crackers — it's especially good with rye crackers.

**Horseradish applesauce:** Stir together 1 cup of applesauce and 3 to 4 tablespoons of prepared horseradish. Serve with pork, ham, or veal.

**Easy shrimp cocktail sauce:**  $\frac{1}{2}$  cup chili sauce,  $\frac{1}{2}$  cup catsup,  $\frac{1}{4}$  cup prepared horseradish, 1 tablespoon lemon juice, 1 tablespoon Worcestershire sauce. Blend and chill.

**Horseradish sauce supreme:**  $\frac{1}{2}$  cup sweet or sour cream whipped,  $\frac{1}{4}$  cup prepared horseradish, soft bread crumbs. Fold horseradish into whipped cream. Add enough soft bread crumbs to give the mixture body. Serve immediately. Good with cold meats.

**Tomato juice cocktail:** Add 1½ tablespoon of prepared horseradish and ¾ teaspoon of Worcestershire sauce to one 46-ounce can of chilled tomato juice. Shake and serve. For a 32-ounce can of juice, add 1 tablespoon of prepared horseradish and ½ teaspoon of Worcestershire sauce. For a 6-ounce glass of juice add ¼ teaspoon of horseradish and a dash of Worcestershire sauce. Horseradish can also be used in a Bloody Mary.

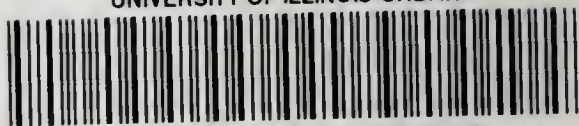
**Horseradish and beet relish:** 2 cups diced or julienne style cooked beets, ½ cup sugar, ⅓ cup prepared horseradish, 2 tablespoons onion juice, ½ cup vinegar. Measure ingredients into a saucepan, lightly toss ingredients together, and bring to a boil. Serve hot or cold with meat or fish. If serving this cold, allow it to chill overnight.

**Horseradish jelly:** 2 cups sugar, 1 cup white vinegar, ¾ cup prepared horseradish, ½ bottle liquid pectin. Boil sugar and vinegar together for three minutes. Stir in horseradish and bring back to a boil. Add pectin and stir constantly over high heat until mixture comes to a rolling boil. Remove from heat and skim. Pour jelly into hot containers and seal with standard canning lids or a ⅛-inch layer of melted paraffin. Makes three 6-ounce jars. Serve with game, cold meats, or fish.

**Horseradish curls:** Make like carrot curls. Keep them under ice water until ready to serve. These are hot — a treat for true horseradish lovers!

**Meats barbecued out of doors:** Simply add prepared horseradish to your favorite barbecue sauce. If you prefer, grill the meat on one side, turn, and place grated horseradish on top. Finish grilling to desired degree of doneness.





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**Pizza:** Season tomato sauce with horseradish before spreading it on the pizza and baking. Adding before baking gives a different flavor and is less pungent than adding after baking.

**Horseradish roll-ups:** Blend cream cheese until soft. Add enough prepared horseradish to give cheese a nippy taste. Spread cheese mixture on chipped beef pieces or on very thinly sliced ham. Roll up and place on plate with rolled end down. Chill. Cut into desired size of pieces before serving.

Horseradish is an excellent seasoning to add to:

Cheese dips and spreads	Mustard sauce
Cheese fondue or rarebit	Tartar sauce
Coleslaw dressing	Potato salad
Egg dishes — scrambled eggs, omelets, deviled eggs, egg salad	
Fish casseroles, salads, patties, croquettes	
Gelatin salads — fruit or vegetable — which accompany the main course; particularly good in molded beet salad, Perfection Salad, and aspics.	

*Prepared by C. C. Doll, Area Extension Adviser in Fruits and Vegetables; J. W. Courter, Associate Professor of Horticulture; Geraldine Acker, Professor of Foods and Nutrition; and J. S. Vandemark, Professor of Horticulture. Supported in part by the St. Clair, Monroe, and Madison Counties Vegetable Growers Association, Granite City, Illinois.*

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